

allergens

The table represents the allergens in food (marked with an X). Please note that all dishes may contain dairy products, eggs, peanuts, tree nuts, soy, fish, shellfish, crustaceans, sesame, wheat, mustard and sulphites.

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulfites	Mustard
inputs sauces and not included										
chicken wings and salads										
Cheese sticks and crudités	X				X			X		
Combo scores	X	X			X		X	X		X
classic Combo	X	X			X			X		
Kapow shrimp						X		X		
Onion Rings					X			X		
Soups										
Cream of Broccoli	X				X			X		
Cream of Celery	X				X			X		
Cream of mushroom	X				X			X		
Cream of cauliflower	X				X			X		
Spinach Cream	X				X			X		
Leek cream	X				X			X		
Royal Cream of Chicken	X				X			X		
Lentil soup	X				X			X	X	
minestrone soup	X				X			X		
Pea soup					X			X		
Chicken soup and noodles	X				X			X		
saucés										
Sweet and sour										
Chicken wings					X	X			X	X
BBQ					X			X		
chimichurri					X				X	
ribs					X	X			X	X

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulfites	Mustard
Dijon	X	X							X	X
general Tao					X		X	X		
chipotle mayonnaise		X								X
Honey Mustard		X								X
Piri piri					X					
Pepper	X				X			X		
Tartar		X								X
Tomato (marinara)										
Sriracha					X					
Sides										
Fries					X					
Fried parmesan and garlic	X				X					
Vegetables										
Toast					X			X		
Baked potato										
Potato baked garnished	X									
Potatoes mashed	X				X					
Rice with vegetables	X				X					
basmati rice	X									
Coleslaw		X								X
Grill no side										
Traditional chicken skewer					X					X
Traditional chicken skewer basmati rice	X				X					X
Quebec chicken kebab					X	X			X	X
Quebec chicken kebab basmati rice	X				X	X			X	X
Skewer General Tao					X		X	X		X
Skewer General Tao basmati rice	X				X		X	X		X
Skewer Montreal smoked meat		X			X			X		X
Skewer Montreal smoked meat basmati rice	X	X			X			X		X
Chicken hunter	X	X			X			X	X	X

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Chicken hunter basmati rice	X	X			X			X	X	X
Swiss chicken and bacon	X				X	X			X	X
Swiss chicken and bacon basmati rice	X				X	X			X	X
Delights from here and elsewhere										
Flank beef										
Flank beef with sautéed mushrooms, pepper sauce and vegetables	X				X			X		X
Chicken fajitas					X			X		X
Chicken fajitas with cheese, pico de gallo, guacamole and sour cream	X				X			X		X
Fajitas with vegetables					X			X		
Fajitas with vegetables with cheese, pico de gallo, guacamole, sour cream	X				X			X		
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Norwegian Cod en Papillote						X				
Cornish hen without sauce					X			X	X	
Roasted chicken breast cacciatore	X				X			X	X	X
Salmon on cedar plank basmati rice	X					X				
Skillet Chicken Cornish hen lemon and herbs	X				X				X	
Fish tacos		X			X	X		X		
Tender chicken fillets without sauce	X	X			X			X		
Roast chicken no side										
roasted chicken thigh					X					
Roasted Chicken Breast					X					
ribs no side										
ribs					X	X			X	X
Leg quarter and half rack					X	X			X	X
Quarter chest and half rack					X	X			X	X
Tender chicken breast fillets and half-ribs	X	X			X	X		X	X	X

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulfites	Mustard
sandwiches sensational no side										
Club sandwich	X				X			X		
Club sandwich with mayonnaise	X	X			X			X		
Nanwich chicken and avocado	X	X			X			X		X
Flatbread Grilled Chicken	X	X			X			X	X	X
Sandwich waffle fried chicken	X	X			X			X		
Burgers and poutine no side										
Beef Burger	X	X			X			X		X
Burger crispy chicken breast fillets	X	X			X			X		
The gourmet burger	X	X			X			X		
PoutineChicken	X				X			X		
Poutine chicken Cornwall	X				X			X	X	
Poutine classic	X				X			X		
Poutine General Tao	X	X			X		X	X		
Poutine Montreal smoked meat	X	X			X			X		X
Midi + no side										
Traditional chicken skewer					X					X
Traditional chicken skewer basmati rice	X				X					X
Half rack					X	X			X	X
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Grilled cheese Roasted Chicken	X				X			X		
Hot chicken with peas and sauce					X			X		
Linguine butterfly shrimp sauce	X				X	X		X	X	
Poutine ribs	X				X	X		X	X	X
Quarter chicken (thigh)					X					
Quarter chicken (breast)					X					
Trendres chicken breast (3)	X	X			X			X		
Sandwich with chicken salad		X			X			X		X

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Chipotle Chicken Wrap	X	X			X			X		X
Chipotle Chicken Wrap with mayonnaise	X	X			X			X		X
Caesar Wrap with chicken and bacon	X	X			X	X		X	X	X
Dessert										
Avalanche carrot	X	X			X			X		
pie Lemon-Lime	X	X			X			X	X	
pie yogurt and fruit	X	X			X			X	X	
Gentle apple	X	X		X	X			X	X	
Duo chocolate	X	X			X			X	X	
Cake cappuccino	X	X			X			X		
Children's Menu no side										
fries					X					
Honey side										
sauce Cherry										
Burger with tender chicken fillet	X	X			X			X		X
roasted chicken thigh					X					
Kool-Aid										
Chocolate milk	X				X					
Mini burger	X	X			X			X		
Chicken nuggets								X		
Cheese tortellini	X	X						X		
Salad Bar - Salads										
iceberg lettuce										
Romaine lettuce										
Thai Asian salad and peas		X			X		X	X		
Coleslaw										
Nappa Cabbage Salad					X		X	X		
Salad of roasted cauliflower and turmeric										
red cabbage salad and Asian grilled steak					X		X	X		
fennel salad and poppy seed										

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Salad Pollock and egg		X			X	X		X		
Green bean salad and shrimp sauce tarator						X	X			
Kale salad and citrus		X			X					X
Chickpea Salad										
Creamy Potato Salad		X								
Piri Piri chicken salad and orzo		X			X			X		
Red Quinoa Salad										
red quinoa salad and sweet potatoes										
Salad Bar - Salads "season" (Available for a limited time)										
Chickpea Salad with Roasted Cauliflower										
Red Quinoa Salad (With carrots, yellow beets and cranberries)										
Asparagus Salad, feta and radishes	X									
cauliflower couscous salad and beetroot Chioggia										
Salad bar - Dressings										
Olive oil										
dip dijon	X	X							X	X
Balsamic vinegar									X	
balsamic vinaigrette									X	X
Caesar dressing		X				X			X	X
Greek dressing	X									
Italian dressing										
Italian dressing light					X					
house dressing					X					X
Honey mustard vinaigrette &		X								X
ranch dressing	X	X								

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Salad bar - Vegetables										
Broccoli										
Carrot										
Celery										
Red cabbage										
Mushrooms										
Cucumber										
Zucchini										
edamame					X					
Bean sprouts										
Red onion										
Red bell pepper										
Radish										
Tomato										
Salad bar - Fruit										
Pineapple										
Cantaloupe										
Clementine										
Kiwi										
Mandarin										
Watermelon										
Honeydew melon										
Orange										
Perry										
Apple										
Plum										
grapes										

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Salad bar - Miscellaneous										
soda crackers					X			X		
Marinated mushrooms with balsamic and maple									X	
Chile Beef and Beans										
chorizo	X									
Palm heart										
Pickles										X
Pita Chips							X	X		
nachos chips										
croutons	X						X	X		
Stuffed vine leaves					X					
Blue cheese	X									
cheddar cheese	X									
Cottage cheese	X									
cheese nachos	X				X			X		X
Parmesan cheese	X									
guacamole										
hummus house (Without tahini)										
Hummus house Dried Tomato Pesto (With tahini)	X						X			
Pickled vegetables									X	
Seed Mix					X					
Bacon bits					X					
fried noodles		X						X		
cooked egg		X								
Egg cooked marinated red		X							X	
kalamata olives										
Black olives										
Green olives										
Pico de Gallo										
pepper peperoncini									X	

Menu	Milk	eggs	peanuts	Nuts	Soy	Fish and shellfish	Sesame	Corn	sulfites	Mustard
tzatziki	X									
Salad bar - Proteins no side										
Grilled chicken breast					X					X
Grilled chicken breast thaie					X					X
Lobster Promotion 2019										
Grilled cheese lobster unaccompanied	X	X			X	X		X		
lobster linguine	X	X			X	X		X	X	
Lobster pot pie	X	X			X	X		X	X	
Chocolate Brownie Sundae	X	X			X			X		
strawberry sundae	X	X			X			X		
Turtles bacon caramel sundae	X				X					
desserts										
hot donuts (5)	X	X			X			X		
decadent brownie	X	X			X			X		
Sundae (Sundae Scores)	X				X					
Chocolate cake	X	X			X			X		
Cheesecake Carrot	X	X		X	X			X		
Soft caramel chocolate fondant	X	X			X			X		
Lemon pie	X	X			X			X		
beverages										
soft drink (Coke)										
soft drink (Diet Coke)										
Vegetable juice										
Tomato juice										
2% milk	X									
Orange juice										
Apple juice										
Orange banana smoothie	X									
Spinach smoothie and fruit				X						
Strawberry Smoothie lawyer	X			X						